

# FAO

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## **Food balance sheets**

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## **Bilans alimentaires**

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## **Hojas de balance de alimentos**

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**1992-94 average**

**Moyenne 1992-1994**

**Promedio 1992-94**

**FOOD  
AND AGRICULTURE  
ORGANIZATION  
OF THE  
UNITED NATIONS  
Rome, 1996**

**ORGANISATION  
DES NATIONS UNIES  
POUR L'ALIMENTATION  
ET L'AGRICULTURE  
Rome, 1996**

**ORGANIZACION  
DE LAS NACIONES UNIDAS  
PARA  
LA AGRICULTURA  
Y LA ALIMENTACION  
Roma, 1996**

**MEXICO**  
**SUMINISTRO DE ALIMENTOS POR PERSONA**

	1961-63	1964-66	1969-71	1974-76	1979-81	1982-84	1984-86	1987-89	1989-91	1992-94
<b>POBLACION (EN MILES)</b>	<b>39258</b>	<b>43134</b>	<b>50475</b>	<b>58862</b>	<b>67062</b>	<b>72085</b>	<b>75534</b>	<b>80873</b>	<b>84514</b>	<b>90024</b>
<b>K I L O G R A M O S / A N O</b>										
CEREALES	159.7	161.7	169.1	170.2	177.1	181.7	182.2	180.3	176.8	170.9
RAICES Y TUBERCULOS	11.3	11.1	12.1	11.9	14.3	13.4	12.4	11.3	13.4	12.9
EDULCORANTES	39.4	42.9	41.6	45.6	49.0	46.6	48.5	47.6	51.1	51.1
LEGUMINOSAS SECAS	16.6	18.9	17.1	15.3	20.1	16.6	15.0	11.1	13.1	13.4
HORTALIZAS	19.7	19.7	23.1	26.9	31.5	32.8	33.4	36.3	38.3	34.6
FRUTAS	70.3	86.3	83.9	88.6	97.4	104.6	102.6	92.7	95.0	105.4
CARNES Y DESPOJOS	29.1	29.2	27.4	33.5	42.0	46.0	44.9	42.1	41.5	47.6
HUEVOS	3.4	4.0	5.7	6.2	8.2	8.6	9.7	11.3	11.0	11.7
PESCADO Y FRUTOS DE MAR	2.7	3.3	4.1	4.5	10.7	10.4	10.2	10.5	11.6	11.4
LECHE	59.7	60.6	78.8	103.2	121.3	106.1	107.1	94.2	92.3	105.3
ACEITES Y GRASAS	7.3	7.4	7.3	8.7	11.5	13.5	14.1	14.7	14.2	14.8
ACEITES VEGETALES	5.8	6.1	5.9	6.8	9.1	10.8	10.9	10.7	10.2	11.1
GRASAS ANIMALES	1.4	1.3	1.5	1.9	2.4	2.7	3.2	4.0	3.9	3.8
ESPECIAS	0.4	0.5	0.4	0.5	0.5	0.3	0.4	0.6	0.6	0.5
ESTIMULANTES	1.4	1.9	2.2	1.8	1.7	1.7	1.4	2.4	2.5	3.8
BEBIDAS ALCOHOLDCAS	23.1	27.0	28.5	35.1	41.9	38.3	36.0	41.1	46.6	48.0
<b>C A L O R I A S (NUMERO/DIA)</b>										
TOTAL GENERAL	2532	2629	2706	2837	3149	3194	3157	3029	3038	3053
DE ORIGEN VEGETAL	2235	2334	2379	2413	2618	2658	2634	2543	2564	2541
DE ORIGEN ANIMAL	297	296	328	424	531	536	523	485	474	512
CEREALES	1376	1390	1454	1441	1486	1533	1518	1486	1444	1388
RAICES Y TUBERCULOS	24	23	25	24	27	26	23	21	25	24
EDULCORANTES	384	419	406	444	478	454	473	464	498	498
LEGUMINOSAS SECAS	159	181	164	147	192	159	143	107	127	130
HORTALIZAS	12	13	16	18	22	23	24	25	27	26
FRUTAS	75	90	86	91	97	106	105	92	95	104
CARNES Y DESPOJOS	161	157	149	194	249	271	247	206	198	224
HUEVOS	12	15	21	22	30	31	35	41	40	42
PESCADO Y FRUTOS DE MAR	4	6	8	7	19	18	18	19	20	20
LECHE	88	91	120	160	184	161	158	139	136	151
ACEITES Y GRASAS	171	174	172	204	269	316	328	338	325	341
ACEITES VEGETALES	142	148	143	166	221	263	265	260	248	268
GRASAS ANIMALES	29	26	29	38	48	53	63	78	77	73
ESPECIAS	3	4	3	4	4	2	3	5	5	4
ESTIMULANTES	2	3	4	3	3	3	3	4	6	8
BEBIDAS ALCOHOLDCAS	32	37	39	46	55	54	50	56	64	63
<b>P R O T E I N A (GRAMOS/DIA)</b>										
TOTAL GENERAL	65.3	67.7	70.4	73.2	84.0	83.9	82.4	78.4	78.6	80.7
DE ORIGEN VEGETAL	47.9	49.8	50.8	49.3	53.3	53.0	51.5	48.7	49.1	47.9
DE ORIGEN ANIMAL	17.4	17.9	19.6	23.9	30.7	30.8	31.0	29.7	29.5	32.9
CEREALES	35.6	35.9	37.4	37.0	38.1	39.4	39.0	38.2	37.2	35.8
RAICES Y TUBERCULOS	0.3	0.3	0.4	0.4	0.5	0.4	0.4	0.4	0.4	0.4
LEGUMINOSAS SECAS	8.7	9.9	9.0	8.0	10.5	8.8	7.9	5.9	6.9	7.1
HORTALIZAS	0.5	0.5	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.2
FRUTAS	1.2	1.4	1.4	1.4	1.5	1.7	1.6	1.4	1.4	1.6
CARNES Y DESPOJOS	10.6	10.7	9.9	11.9	14.8	16.2	16.0	15.4	15.2	17.2
HUEVOS	1.0	1.1	1.6	1.7	2.3	2.4	2.7	3.1	3.0	3.2
PESCADO Y FRUTOS DE MAR	0.7	0.8	1.1	1.1	2.8	2.8	2.7	2.8	3.1	3.1
LECHE	5.2	5.3	6.9	9.2	10.8	9.4	9.5	8.3	8.2	9.3
ACEITES Y GRASAS	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
ESPECIAS	0.1	0.2	0.1	0.2	0.1	0.1	0.1	0.2	0.2	0.2
ESTIMULANTES	0.3	0.3	0.4	0.3	0.3	0.3	0.3	0.4	0.5	0.4
BEBIDAS ALCOHOLDCAS	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.4	0.4
<b>G R A S A (GRAMOS/DIA)</b>										
TOTAL GENERAL	54.9	55.3	57.8	66.6	80.9	87.4	85.6	81.5	79.5	83.6
DE ORIGEN VEGETAL	33.0	33.9	34.7	36.2	43.3	48.2	47.9	46.7	45.7	47.6
DE ORIGEN ANIMAL	21.9	21.4	23.1	30.4	37.6	39.2	37.7	34.8	33.8	36.0
CEREALES	13.1	13.0	13.4	13.1	13.2	13.3	13.5	13.6	13.1	12.6
RAICES Y TUBERCULOS	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
EDULCORANTES	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
LEGUMINOSAS SECAS	0.8	0.9	0.8	0.8	1.0	0.8	0.8	0.6	0.7	0.7
HORTALIZAS	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2
FRUTAS	0.5	0.6	0.7	0.7	0.9	0.9	0.9	0.7	0.9	1.0
CARNES Y DESPOJOS	12.8	12.3	11.7	15.8	20.6	22.3	19.8	15.5	14.7	16.6
HUEVOS	0.8	1.0	1.4	1.5	2.0	2.0	2.3	2.7	2.6	2.8
PESCADO Y FRUTOS DE MAR	0.2	0.2	0.3	0.3	0.7	0.7	0.7	0.7	0.8	0.7
LECHE	4.9	5.1	6.5	8.6	9.0	8.3	7.9	7.1	7.0	7.7
ACEITES Y GRASAS	19.3	19.6	19.4	23.0	30.4	35.6	37.0	38.2	36.7	38.5
ACEITES VEGETALES	16.0	16.7	16.1	18.7	25.0	29.7	29.9	29.3	28.1	30.3
GRASAS ANIMALES	3.2	2.9	3.2	4.3	5.4	5.9	7.1	8.8	8.7	8.1
ESPECIAS	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1
ESTIMULANTES	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.3	0.3